



Pantry Partner

C / O North Dakota Community Action Association

Help Feed Needy Kids When School is Out

When schools close their doors for summer vacation, what will happen to the children who depend on school meals? For many children, nutritious meals stop when school ends. The United States Department of Agriculture's Summer Food Service Program (SFSP) is seeking partners in helping to fill the hunger gap. The SFSP was created to ensure that children in lower-income areas could continue to receive nutritious meals during school vacations when they do not have access to school lunch or breakfast. The SFSP is the single largest federal source of funds available for local sponsors who want to combine a feeding program with a summer activity program. However, many potential sponsors are not aware that federal funds are available to provide free meals and snacks to children in needy areas during summer months.

The United States Department of Agriculture (USDA) is making a special appeal to faith-based and grassroots community groups to sponsor a summer feeding program or serve as a site under the sponsor's umbrella. SFSP sponsors receive payment for serving healthy meals and snacks to children and teenagers, 18 years and younger, at approved sites in low-income areas. Schools, churches, public agencies, and private nonprofit organizations may apply to sponsor the program. Your state education department can tell you where and how to apply. All sponsors receive training before starting the program. Although nearly 16 million low-income children depend on free and reduced-price meals for 9 months out of the year, only 3 million receive meals through the Summer Food Service Program or meals served in school. This is a tremendous opportunity for community organizations to step forward and help make a position difference in the lives of children. For information on SFSP visit www.fns.usda.gov/cnd/summer

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Harvard Offering Tuition for Student from Low-income Families

Harvard University has announced that from now on undergraduate students from low-income families can go to Harvard for free...no tuition and no student loans! If you know of a family earning less than \$40,000 a year with an honor student graduating from high school soon, Harvard University wants to pay the tuition.

To find out more visit Harvard's financial aid website at <http://fao.fas.harvard.edu>
or call the school financial aid office at (617) 495-1581.



Grant Resources

Ludwick Family Foundation

Grants are available for tangible items, not program operation. Items include vehicles, equipment, improvements to facilities. California applicants have priority, but anyone can apply. Grant amounts range from \$5,000 - \$50,000. Deadlines are 3/31 and 8/31. Website: www.ludwick.org/guide.html

Milagro Foundation

Priority is underrepresented and underprivileged children and youth in the areas of the arts, education and health. Grant amounts range from \$2,500 - \$5,000. Deadlines are about 2 months before board meetings, with the board selecting proposals for funding in February, June and October. Website: www.milagrofoundation.org/apply.asp.



Featured Recipe Venison or Beef Potato Loaf

Ingredients:

1 lb. ground venison or beef, browned and drained
4 c. potatoes, peeled and sliced
1 Tbsp. onion, chopped
2 tsp. salt
pepper to taste
¾ c. milk or dry milk equivalent
½ c. oats
¼ c. ketchup
5 Tbsp. onion



Directions:

Mix the potatoes, onion, 1 tsp. salt and dash of pepper together and place in a 2-3 quart casserole dish.
Mix the remaining ingredients together and spread over potato mixture.
Bake at 350 F for 30-45 minutes or until potatoes are tender.

Makes 6 servings

Per serving: 254 calories, 27g carbohydrates, 3.4g fat, 2g fiber and 953mg sodium

Protecting Food Donors

Ever wonder what would happen if a good-intending person donated food to your pantry and it later caused a recipient to become ill? The Bill Emerson Good Samaritan Food Donation Act protects good-faith food donors from civil and criminal liability. The law protects food donors, including individual private citizens, wholesalers, and non-profit feeding programs who act in good faith. The act provides protection for food and grocery products that meet all quality and labeling standards imposed by federal, state and local laws and regulations even though the food may not be readily marketable due to appearance, age, freshness, grade, size, surplus or other conditions.



Health Tip Corner

The size of entrees at restaurants has been increasing at a steady rate for several years. Next time you are out to eat, ask for a "to go" bag or box when your meal is served. Place half of the plateful into the box before starting to eat. You will then be controlling your portion size, eating a more healthful amount, and will save money by stretching your meal into two servings.



Natural Helpers

Many people are trying to get away from their daily coffee fix, and are turning to tea, in particular green tea, as a healthy alternative. For over 4,000 years the Chinese have been consuming green tea, in part, because of its perceived health benefits. The list of diseases that are believed to be prevented or improved include cancer, rheumatoid arthritis, and cardiovascular disease. Drinking green tea is said to lower blood cholesterol levels and fight infections.<http://www.medicinalfoodnews.com>



Mango is a fruit that is very common in the tropics.

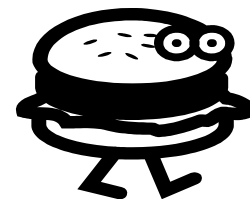
You may have seen it in the fruit section of your grocery store, but never had the courage to buy one. Mangoes have a distinct taste; they can be eaten alone, added to a fruit salad to add zest, or part of other interesting recipes.



In less developed countries, mangoes are used to treat a variety of diseases and conditions. It is believed that immature mango, in which the seed has not fully formed, can be combined with salt and honey to treat diarrhea, dysentery, piles, morning sickness, chronic dyspepsia, indigestion and constipation. Treatments for heat stroke, bilious disorders and scurvy have also been recorded. Although not as high as other fruits, mangoes are a source of vitamin C, and therefore the connection with scurvy is apparent.

The flesh of the mango is a brilliant yellow and it is an excellent source of vitamin A. It is not surprising that mangoes are prescribed in some countries to treat eye disorders - dryness of the eyes, softening of the cornea, itching and burning in the eyes. It is well known that vitamin A deficiency can lead to night blindness.

May is National Hamburger Month



To celebrate, we've put together this beefy trivia quiz to test your burger knowledge.

1. At which World's Fair did the "hamburger" begin its popular life in America?
2. The first hamburger chain was founded in Wichita, Kansas, in 1921. What was its name?
3. Where did the first McDonald's Restaurant open?
4. What year did the first McDonald's Restaurant open?
5. A 1,000 pound steer will yield how many quarter-pound hamburgers?
6. Which chain introduced the first double patty burger?
7. How many hamburgers do Americans eat on average each week?
8. What percentage of sandwiches eaten are hamburgers?
9. How many people from around the world have graduated from McDonald's "Hamburger University?"
10. Which fast food chain created the first modern-day drive-thru window in 1970?

Answers

1. The 1904 World's Fair in St. Louis.
2. White Castle.
3. Des Plaines, Illinois.
4. 1955.
5. 1,000.
6. Bob's Big Boy.
7. Three.
8. 60 percent.
9. 50,000.
10. Wendy's.

Quick Tips: Organizing Tip

Going on summer outings, especially with children, can be a hassle if you can't find all of your gear and supplies easily. To solve this problem, set up an outdoor play storage box near your front entry. Include sunscreen, flip-flops, hats, sunglasses, water bottles, towels, insect repellent, and other essential take-along gear. When returning from an outing, be sure to deposit all the items back in the box, making it all easy to find whenever another outdoor adventure beckons.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|--|--|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

NAME _____

ADDRESS _____

Phone _____

Comments:

**C/O North Dakota Community
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Higher Costs of WIC Infant Formula Could Lead to Decrease in People Served

("Food Assistance: FNS Could Take Additional Steps to Contain WIC Infant Formula Costs," gao.gov, March 2006)

This report by the U.S. Government Accountability Office (GAO) suggests that reductions in infant formula rebates by manufacturers to states in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) could lead to fewer WIC participants being served. In FY 2004, states paid an average of \$0.20 per can of milk-based formula, saving 93 percent of the wholesale price. When states allow some use of non-contract, non-rebated formula, it cost them more than 10 times as much as contract formulas. In 2004, 8 percent of WIC formula was non-rebated, some of that because it was prescribed for specific medical or dietary problems. Savings from rebates, received through competitively bid, sole-source contracts, have enabled WIC to serve an additional 2 million participants per year. USDA's Food and Nutrition Service (FNS) should prevent infant formula costs from rising when manufacturers introduce more expensive formulas during contract negotiations and also find more effective ways to restrict the use of non-rebated formulas by WIC participants.

<http://www.gao.gov/new.items/d06380.pdf>

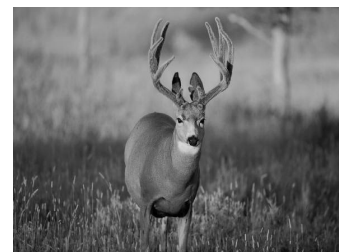
How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.

George Washington Carver

NDCAA Sportsman Against Hunger 2005 Report.

The history of this project

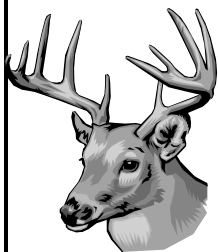
In 2004, the North Dakota Community Action Association (NDCAA) initiated a public education campaign to encourage local community sporting groups to develop a venison donation program. This campaign was initiated due to the statewide problem of hunger.



The North Dakota Community Action Association applied for and received the Community Food and Nutrition Grant, which was used to make brochures and posters for a public education campaign. NDCAA's main focus was to educate state wide hunting groups, smaller local hunting organizations and meat processors about the Sportsmen Against Hunger Program and to encourage them to come up with fund-raisers to support the program. Presentations were also given state wide to promote the program.

With the help of local organized groups and area processors, Sportsman Against Hunger had a successful first year. In 2004, with only 3 of the 8 regions of the state involved, 115 processed deer were donated to food pantries because of this program.

A look at 2005




Because of the generosity of the sponsors, the Community Food and Nutrition grant and the processors, NDCAA was able to expand the Sportsman Against Hunger Program in 2005. We added some new areas and now have processors in 6 of the 8 regions throughout ND. NDCAA is proud to announce that through this program and all the support from other organizations,

Sportsman Against Hunger processed 241 deer in 2005. The venison was distributed to numerous food pantries across the state. Again NDCAA thanks everyone for the contributions and support of the program and are looking forward to planning the Sportsman Against Hunger Program for 2006.

JoAnn Brundin, St Vincent De Paul, of Grand Forks says, "Receiving the venison saved a lot of money on the purchase of hamburger for their pantry". JoAnn also commented, "The clients love venison and put it to good use as they know how to cook with the deer meat."

If your pantry or organization is interested in receiving venison please contact Ann at the North Dakota Community Action Association at 701-232-2452 or 1-800-726-7960.



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WE'RE ON THE WEB!
WWW.NDCAA.ORG

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